

WHAT THE HEALTH!?

BACK TO SCHOOL SAFETY



School Bus Safety

Riding a school bus is the safest way for your child to get to school. Review when to approach the bus, how to behave on the bus, and bus stop safety.

Walking to School

Whether your child walks alone or with a friend, make sure you discuss the route they take, how to cross the street, and what to do if someone they don't know approaches them.

Bicycling to School

Make sure you review bike safety including wearing a helmet, the safest bike route, and rules of the road.

Discussing Threatening Situations with Your Kid

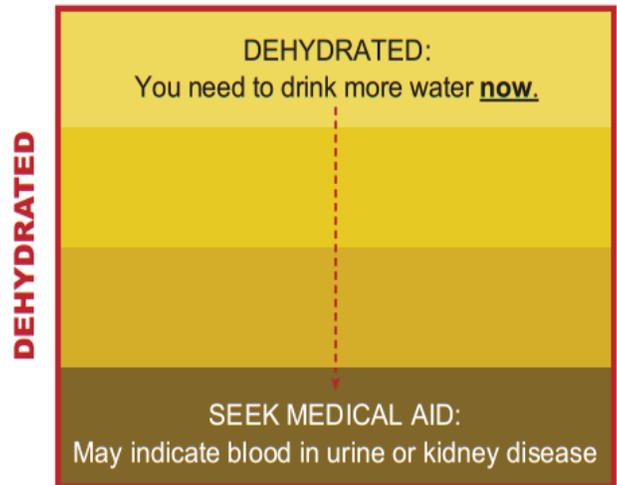
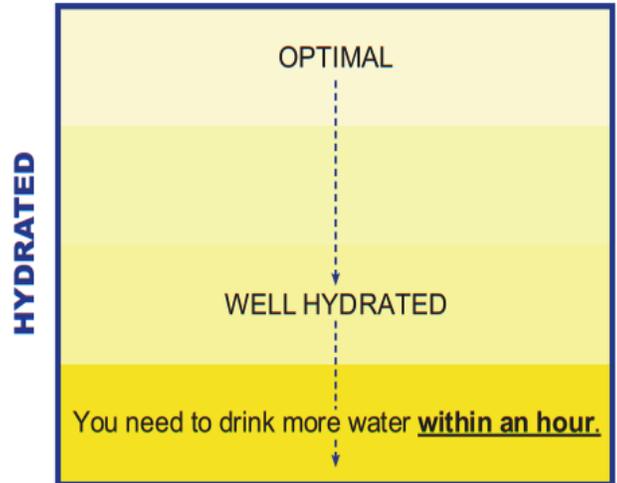
Talk about being aware of what is around them, who to trust and what to do if someone approaches them. Teach your child how to identify a harmful situation, create a no-secret policy, and make sure your child memorizes your phone number.



August 2019

Are You Drinking Enough Water?

Urine Color Chart*



*This color chart is not for clinical use.

Time to Remember. Time to Act.

Overdose Awareness Day

Community Vigil

Friday, August 30, 2019

7:00pm - 8:30pm

Open House and Memorial Luminary decorating begins at 7:00 pm

Tribute begins at 7:30pm

Courthouse Square Gazebo, Owego, NY



National Immunization Month

Immunizations are a safe and effective way to protect the public from communicable diseases!

When you are vaccinated, it helps protect vulnerable populations from ever being exposed to harmful disease.

Don't forget that NYS School Vaccination Requirements have changed. Children with nonmedical exemptions must be vaccinated in order to attend school.

Make Sure They Are Up-To-Date Before They Go Back To School!



Public Health
Prevent. Promote. Protect.
Tioga County

Rabies Vaccination Clinic

August 29th from 6-8pm
Berkshire Fire Station

Pre-Register at:
health.ny.gov/go2clinic/54